



RECREATION DEPARTMENT

The Heart of the Neighborhood

[www.chulavistaca.gov/rec](http://www.chulavistaca.gov/rec)

270 F Street • (619) 409-1930



# Norman Park Senior Center

## July, August, September 2018

### Movie in the Park: Saturday, July 7, 2018 @ Dusk

Movie night at Norman Park! Join us for the movie *Justice League*, which will begin around dusk. Bring a picnic blanket and chair, as well as your family and friends to play some games before the movie. Snacks will be sold.

This event is free. No registration is required.



### Ice Cream Social and Trivia: Wednesday, July 11, 2018 @ 12 PM

9600.372



I scream, you scream, we all scream for ice cream! Here's the scoop: we're serving ice cream with yummy toppings while you visit with friends. Stick around for some fun trivia games that will be sure to get your brain warmed up again after that cold treat.

This event is free, but pre-registration is required.

### Luau: Wednesday, August 15, 2018 @ 3 PM

9600.371

The torches are lit, the theme is set! We're having a luau you'll never forget! Wear a bright shirt, grass skirt, or lei. We're going to celebrate the Hawaiian way. Join us for games, refreshments, and prizes. This event will be held outside in the grassy area behind our facility. Open to the Public.

**Must pre-register.** Fee: \$5 Resident/ \$6 Non-Resident (Fee is for Food Cost)



### Hispanic Heritage Day: Wednesday, September 12, 2018 @ 12 PM

9600.371



Seniors and Senioritas! Come join us for a Hispanic Heritage Day! You'll need a siesta after our sizzling hot fiesta for Hispanic Heritage Day! There will be Mexican cuisine and entertainment.

**Must pre-register.** Fee: \$5 Resident/ \$6 Non-Resident

**Register at the front desk or online at [chulavistaca.gov/rec](http://chulavistaca.gov/rec)**

# **Norman Park Updates**

**Norman Park Senior Center will be CLOSED:**

**Independence Day: Wednesday, July 4, 2018**

**Labor Day: Monday, September 3, 2018**

To be more environmentally conscious and reduce our high printing costs, our quarterly newsletter is now on the city website at

**[www.chulavistaca.gov/rec](http://www.chulavistaca.gov/rec)**

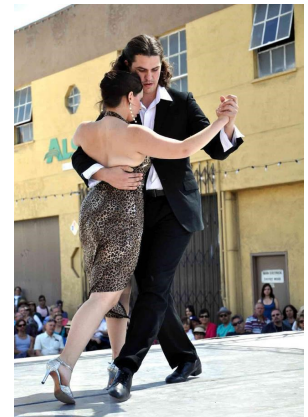
## **Welcome to our New Center Director, Supervisor III, Aaron Ruiz!**

Join us in welcoming Aaron Ruiz as our new Recreation Supervisor III at Norman Park Senior Center. Aaron comes to us with 13 years of recreation experience, most recently with the Boys & Girls Clubs of South County as the Unit Director where he supervised multiple centers. His experience includes afterschool programs, youth & adult sports leagues, camps, and senior services. Aaron has also conducted city wide special events and has received awards for his partnerships in the community. He is a proud graduate of Castle Park High School and continues to live in Chula Vista where he is raising his 2 kids. Join us in welcoming him to our team!

## **Spotlight on a new class: Argentine Tango**

Learn the fun and elegant Argentine Tango. Starting with basic walking, this class will teach foundational tango skills and basic concepts. Beginners are invited to develop creativity and skill to enjoy the music and each other. No dance experience is needed. Wear enclosed shoes. Remember to bring a partner!

Your Instructor: Krista Ann has been dancing the tango for over a decade. In 2017 she was a Semifinalist in the Official US Argentine Tango Championship in both social and stage. Hosting classes, milongas, and the romantic Tango By The Beach in Oceanside for over 7 years Krista works to inspire community and an artistic experience of life. **Free Demo on Tuesday July 10, 2018 at 5:30pm**



## **Commission on Aging**

Meets the 2nd Wednesday of every-other-month (July 11 & September 12) from 2:45—4:00 PM in the Conference Room. For more information contact (619) 409-5979.

## **Interest Lists for New Groups**

If you are interested in starting or joining a new group, stop by the main office to put your name and contact information on an interest list. Once we get enough people interested in each activity we can then form an official group and find a time and meeting space for them.

# CHULA VISTA SENIOR CLUB NEWS

Chula Vista Senior Club New Membership began January 2018.

Please come to the Hostess Desk to sign up or renew.

Membership Fees are \$10/year.

## **Bingo Every Friday**

**Time: 12 PM—2 PM**

The Chula Vista Senior Club hosts a potluck during bingo the 1st and 3rd Fridays of each month. Please bring a food item to share. Bingo cards are \$.50 each. Come for fun and the prizes!

Members: 3 for \$1.00 beginning

### **Bingo with Potluck**

**July 6, 20; August 3, 17; September 7, 21**

## **Bunco Every Friday**

**2:30 PM—4 PM**

This group is for seniors who want to play Bunco, socialize, make friends, and have FUN! No experience with Bunco is necessary! Bunco is a parlor game played in teams with three dice.

## **Live Band Dances**

### **July 5: Independence Day Dance**

**12:30 PM—3:00 PM**

**Cost: Non-members \$5/Members \$4**



### **August 2: Sock Hop Dance**

**12:30 PM—3:00 PM**

**Cost: Non-members \$5/Members \$4**

### **September 6: Mexican Fiesta**

**12:30 PM—3:00 PM**

**Cost: Non-members \$5/Members \$4**

**For more info. call (619) 409-1935**



## **English Tea & Fashion Show**

**September 13**

## **2018**

### **SENIOR CLUB BOARD MEMBERS**

President: Shirley Dorscher

Vice President: Edith Tobie

Secretary: Cindy Stoke

Treasurer: Daniel Jaime

### **General Meeting**

The Senior Club Board Meetings are scheduled for the 1st Tuesday of each month at 1:00 PM. The General Meetings are afterward at 1:30 PM. The next meetings are scheduled as follows:

**July 3 @ 1:30 PM in Conference Room**

**August 7 @ 1:30 PM in Conference Room**

**September 4 @ 1:30 PM in Conference Room**

The general meeting is open to all Senior Club members. Please join us to share your ideas and concerns.

# CLASSES, ACTIVITIES, & GROUPS

This program is funded in part through the Department of Housing and Urban Development's Community Development Block Grant and, therefore, requires compliance with the standards required as a condition of providing these funds consistent with regulations governing Public Services [(§570.201(e))]. These funds were granted to provide services rendered to Low/Moderate Income Elderly (HUD Eligibility Matrix Code 05A - Senior Services) by the City of Chula Vista Recreation Department. In order to be eligible for this program, you will be required to fill out a Client Intake form and verify eligibility by providing proof of age 62 years or older.

## CREATIVE

### ART WATERCOLOR 3001.371

Are you interested in painting with watercolor? Would you like to meet and paint with other artists? Then this is the activity for you!

DAY	TIME	ROOM	COST
Mon.	9:00 AM—12:00 PM	7 & 8	FREE

### ARTIST SOCIAL GROUP 3002.371

Come socialize with fellow artists and share your talent. Everyone is welcome to bring their own artwork to create. Have fun with everyone in the group!

DAY	TIME	ROOM	COST
Wed.	9:30 AM—11:30 AM	6	FREE

### CREATIVE WRITERS 3013.371

This is a group for anyone interested in the creative writing process. Peers are here to encourage and inspire you with your latest writing project. Meet up to share your ideas.



DAY	TIME	ROOM	COST
Tues.	2:00 PM—4:00 PM	CONF. RM.	FREE

### KNITTING & CROCHETING 3022.371

Join this friendly group of people who love to knit and crochet in good company. We have participants of all skill-levels, and would love to see some new faces!

DAY	TIME	ROOM	COST
Wed.	9:30 AM—11:30 AM	7 & 8	FREE

### COLORING SOCIAL GROUP 3104.371

Spend some time relaxing and chatting with friends both old and new as you channel your artistic side. Bring your own supplies or use materials provided by the center.



DAY	TIME	ROOM	COST
Tues.	10:00 AM—12:00 PM	CONF. ROOM	FREE

## EXERCISE & FITNESS

### EXERCISE WITH KAY 4018.371

Lose weight. Increase your energy. Improve your overall well-being. All of this is possible in this morning exercise with our volunteer Kay.

DAY	TIME	ROOM	COST
Mon./Wed.	8:00 AM—9:00 AM	FULL HALL	FREE

### STRENGTH TRAINING 4030.371

If you're interested in feeling stronger, healthier, and more vital, this program is for you. Exercising your muscles will increase your strength and endurance. Led by volunteer Kay.

DAY	TIME	ROOM	COST
Wed.	5:45 PM—6:45 PM	9,10,11	FREE

### EXERCISE LONGEVITY STICK 4017.371

The longevity stick exercises aim at improving balance, flexibility, strength, mental focus and breathing capacity. Let us train the lungs and the body. Led by volunteer Sandy Trocinski.

DAY	TIME	ROOM	COST
Tues./Thurs.	9:00 AM—9:45 AM	PARK	FREE

### CHAIR YOGA Wed: 4034.372 Fri.: 4033.371

This class strengthens and stretches the whole body, all while seated in a chair. It's perfect for seniors or people with a disability. Led by volunteer Kay.



DAY	TIME	ROOM	COST
Wed.	4:30 PM—5:45 PM	9,10,11	FREE
Fri.	8:00 AM—9:30 AM	9,10,11	FREE

### YOGA 4035.371

Gentle movement and stretching through yoga poses can reduce swelling in joints while increasing joint mobility. Yoga improves balance which can be especially helpful for seniors. Led by volunteer Kay.

DAY	TIME	ROOM	COST
Thurs.	4:30 PM—6:30 PM	9,10,11	FREE

**PLEASE NOTE:** All classes with fees **require pre-registration** at the NPSC front desk. **Payments to instructors are no longer allowed.** If not enough students register in advance, classes may be canceled.

# CLASSES, ACTIVITIES, & GROUPS

This program is funded in part through the Department of Housing and Urban Development's Community Development Block Grant and, therefore, requires compliance with the standards required as a condition of providing these funds consistent with regulations governing Public Services [(§570.201(e)]. These funds were granted to provide services rendered to Low/Moderate Income Elderly (HUD Eligibility Matrix Code 05A - Senior Services) by the City of Chula Vista Recreation Department. In order to be eligible for this program, you will be required to fill out a Client Intake form and verify eligibility by providing proof of age 62 years or older.

## ENGLISH CONVERSATION 3333.372

Improve your English speaking skills in our English Conversation group where you'll meet a bunch of friendly people who are learning English and can practice with you.

DAY	TIME	ROOM	COST
Wed.	9 AM—11 AM	CONF. RM.	FREE

## SPANISH CONVERSATION 3333.371

Brush up on your Spanish speaking skills in our Spanish Conversation group where you'll meet a bunch of friendly people who are learning Spanish and can practice with you.

DAY	TIME	ROOM	COST
Mon.	10:00 AM—12:00 PM	CONF. RM.	FREE

## SINGING AROUND THE PIANO

Sing Along to classic jams! The Singing Seniors is a group of members over the age of 50 who sing all the right notes. The group provides a unique outlet of expression and gets out to perform!

DAY	TIME	ROOM	COST
Tues.	11:00 AM—1:00 PM	Lobby	Free

## BOOK CLUB 3100.371

Join a group of book lovers in this fun activity. Each person chooses his/her own book and shares about it with the group.

DAY	TIME	ROOM	COST
1st Thurs.	3:30 PM—5:30 PM	CONF. ROOM	FREE

## PINOCHLE 3026.371

Join a fun group of seniors who enjoy playing pinochle in a social and fun environment. Don't be bored at home—make friends and keep your mind active.

DAY	TIME	ROOM	COST
Wed.	9:00 AM—1:00 PM	LOBBY	FREE
Fri.	12:00 PM—4:00 PM	LOBBY	FREE

## MEXICAN TRAIN & OTHER GAMES 3024.371

Join a group of fun loving seniors to play *Mexican Train* along with other games. Don't be bored at home, make friends and keep your mind active.

DAY	TIME	ROOM	COST
Wed.	12:00 PM—2:00 PM	LOBBY	FREE

## MOVIE MONDAY 3025.371

Every Monday Norman Park Senior Center features an exciting movie that will keep you entertained.

DAY	TIME	ROOM	COST
Mon.	1:00 PM—3:00 PM	HALL	FREE

## BRIDGE

**Mon.: 3007.371      Wed.: 3006.371      Fri.: 3008.371**

Bridge is the greatest card game of all. It can provide a challenge as well as enjoyment for the rest of your life. Millions of people play bridge worldwide making it one of the world's most popular card games, particularly among seniors!

DAY	TIME	ROOM	COST
Mon. (Bridge Chicago)	12:00 PM—4:00 PM	6	FREE
Wed.	12:00 PM—4:00 PM	7	FREE

## WORLD AFFAIRS GROUP DISCUSSION 3032.371

Interested in discussing current events and topics of state, national and international interest? Come to the World Affairs Group Discussion, all are welcome.

DAY	TIME	ROOM	COST
Mon.	10:00 AM—12:00 PM	10,11	FREE

## BILLIARDS ROOM TOURNAMENT 3005.371

The Billiards Room is open for patrons 50+ during regular operating hours. There are two tournament size billiards tables and pool sticks are available.

DAY	TIME	ROOM	COST
4th Thurs.	12:00 PM—4:00 PM	ANNEX	FREE

## SHUFFLEBOARD 3029.371

Shuffleboard is best played in groups, so bring your friends along and join us at Norman Park! Have fun and enjoy a good afternoon with friends.

DAY	TIME	ROOM	COST
Fri.	11:00 AM—12:00 PM	ANNEX	FREE

## MAH JONGG 3030.371

Traditionally played in groups of four players, Mah Jongg is a fun game that uses tiles. Both new and experienced players are encouraged to bring a sack lunch to enjoy and join this friendly group for a day of Mah Jongg.

DAY	TIME	ROOM	COST
Fri.	10:00 AM—3:00 PM	ANNEX	FREE

## SCRABBLE 3789.371

Come test your vocabulary and show off your creativity with fellow word enthusiasts.

DAY	TIME	ROOM	COST
Mon./Wed./Fri.	12:30 PM—4:00 PM	LOBBY	FREE



# CLASSES & ACTIVITIES

## INSTRUCTED

### GUITAR LESSONS

**July: 3019.371    Aug.: 3019.372    Sept.: 3019.373**

Your musical journey starts here! Learn chords, simple strums, and tuning in a fun and relaxed group setting. Whether you're a beginner or an intermediate student, this course will take your musical talent to the next level. By the time you're finished, you'll be well on your way to becoming a better guitar player.

This class is taught by Scott Humphries.

DAY	TIME	ROOM
Tues.	10:45 AM—11:45 AM	11

#### COST

Month: \$21/Res & \$26/Non-Res



### LINE DANCE (Advanced/Beginner)

**Adv.: July: 3015.371    Aug.: 3015.372    Sept.: 3015.373**

**Beg.: July: 3016.371    Aug: 3016.372    Sept.: 3016.373**

You don't need a partner but you can bring all your friends to this fun workout! Everyone learns at a different pace so choose between the Advanced and Beginner levels! This class is taught by Christine Schroeder.

DAY	TIME	ROOM
Advanced Tues.	10:00 AM—11:00 AM	7 & 8
Beginner Tues.	11:00 AM—12:00 PM	7 & 8

#### COST

Month: \$12/Res & \$15/Non-Res

Drop-in: \$3.00/Day



### ARGENTINE TANGO

It takes two to Tango! Bring a partner or meet someone at class. Enjoy the Elegant Argentine form of Tango.

DAY	TIME	ROOM
Tues.	5:30 PM— 6:30 PM	Full Hall



## ENRICHMENT

### SINGING INFORMAL

**3041.371**

Share your talent with other singing seniors in our community! Come and enjoy an informal singing group and have fun in a relaxed setting with other seniors!

DAY	TIME	ROOM	COST
Tues.	9:00 AM—12:00 PM	ANNEX	FREE

### SINGING SENIORS

**3042.371**

The Singing Seniors is a group of members over the age of 50 who sing all the right notes. The group provides a unique outlet of expression and gets out to perform!

DAY	TIME	ROOM	COST
Tues.	1:30 PM—3:30 PM	ANNEX	FREE

### BINGO—CV SENIOR CLUB

**3004.371**

Looking for the best **Bingo** in Chula Vista? Looking for something exciting to do at Norman Park? Look no further. Come and enjoy a wonderful atmosphere while you relax and play bingo.

DAY	TIME	ROOM
Fri.	12:00 PM—2:00 PM	9,10,11

### BUNCO—CV SENIOR CLUB

**Wed.: 3010.371**

**Fri: 3009.371**

This group is for seniors who want to play Bunco, socialize, make friends, and have FUN! No experience with Bunco is necessary! Bunco is a parlor game played in teams with three dice.

DAY	TIME	ROOM
Wed.	4:30 PM—6:30 PM	LOBBY
Fri.	2:30 PM—4:00 PM	9,10,11

## SENIOR TECH

### COMPUTER LAB MEMBERSHIP

**3211.371**

Quarterly computer lab access.

**COST:** April—June \$5/Res & \$6 Non-Res

DAY	TIME	ROOM
Fri.	10:00 AM—12:00 PM	LAB

### TECH ONE-ON-ONE

**3200.371**

Private one-on-one instruction provided on any phone and/or tablet device. Please call the front desk to schedule an appointment. Payment is due the day of your session.

**TIME :** See the main office for an appointment

**COST :** \$10 per 30 minute session (\$13 Non-Residents)



**PLEASE NOTE:** All classes with fees **require pre-registration** at the NPSC front desk. **Payments to instructors are no longer allowed.** If not enough students register in advance, classes may be canceled.

# CLASSES & ACTIVITIES

## DANCE CARDIO PARTY

Get your heart pumping as you feel the rhythm of the music. It's not a workout, it's a party! Join Rita for a fun way to get fit. This class is taught by Rita Sancen.

DAY	TIME	ROOM	COST
Mon. & Wed.	5:30 PM—6:30 PM	6,7,8	Drop-in fee \$3



\$16/\$20 **July** (4730.371)  
 \$18/\$23 **August** (4730.372)  
 \$14/\$18 **September** (4730.373)

## VOLLEYBALL

4025.371

Imagine a sport in which you can rack up points while never having to leave your chair. Sound too good to be true? Come try this fun new activity with a lively group of seniors. It's sure to be a good time!

DAY	TIME	ROOM	COST
Mon.	9—9:30 AM	9, 10, 11	FREE



## SENIOR EXERCISE

4040.371

This class is specifically designed for older adults. Strength training exercises will enhance and promote strength and balance skills, mobility and agility skills. Led by volunteers.

DAY	TIME	ROOM	COST
Tues. & Thurs.	8:00 AM—9:00 AM	FULL HALL	FREE



## FITNESS CENTER

The fitness center has a variety of equipment including treadmills, rowing machines, stationary bicycles, strength training machines, balance boards, and free weights.

**COST: July — September \$35/Res & \$44/Non-Res**  
 (4111.371)

**One Month: \$15/Res & \$19/Non-Res**

(July: 4112.371; Aug.: 4112.372; Sept. 4112.373)

### Fitness Center Hours

Monday/Wednesday/Friday 10:30 AM—2:00 PM

Tuesday/Thursday 8:00 AM—12:30 PM

### Evening and Saturday Hours

Monday-Thursday 5:00 PM—7:00 PM

Saturday 8:30 AM—11:00 AM



## CHULA VISTA WALKING FOR FITNESS 4615.370

DAY	TIME	ROOM	COST
Tues. & Thurs.	9:30 AM	9 & 10	FREE

WFF participants meet at the NPSC every Tuesday and Thursday at 9:30 AM. After a short sharing of ideas or health tips, it's out walking we go.



**PLEASE NOTE:** All classes with fees **require pre-registration** at the NPSC front desk. **Payments to instructors are no longer allowed.** If not enough students register in advance, classes may be canceled.

# HEALTH & WELLNESS

## BEREAVEMENT SUPPORT GROUP 3003.371

Free peer support group open to anyone seeking support in coping with the loss of a loved one. Professionally facilitated by staff of Silverado Hospice.

DAY	TIME	ROOM	COST
Thurs.	10:30 AM—12:00 PM	CONF. RM.	FREE

## BLOOD PRESSURE SCREENING 8200.375

Blood pressure screening is free to everyone. Services provided by a Sharp Chula Vista Medical Center volunteer.

DAY	TIME	ROOM	COST
1st/3rd Fridays	9:00 AM	LOBBY	FREE

## PARKINSONS SUPPORT GROUP 8200.372

At this group you will be welcomed, understood, accepted, and supported by people with Parkinson's, their care partners and family. Learn from your peers; discuss symptoms and medications; share resources, life experiences, and knowledge; and meet expert speakers about the latest research and therapies.

DAY	TIME	ROOM	COST
2nd Fri.	1:00 PM—3:00 PM	CONF. RM.	FREE

# PRESENTATIONS

### In Home Support Services Pro Bono Project

DAY	TIME	ROOM
Wednesday, August 8	10 AM	9

Through a generous Pro Bono Innovation Grant from the Legal Services Corporation, the Legal Aid Society of San Diego is now providing free legal representation with every aspect of the In-home Supportive Services process for adults and children who have a qualifying medical condition and meet financial eligibility requirements. Come to this presentation to learn more!

### Senior Advocate Network Presentation Series

DAY	TIME	ROOM
Friday, July 20	10 AM	9

The presenters will be an established Estate Planning Attorney focusing on **Wills, Trusts, and Advanced Directives for Seniors, and a Senior Real Estate Specialist speaking on decluttering, downsizing,, moving, and summer real estate tips.**

DAY	TIME	ROOM
Friday, August 17	10 AM	9

The second presentation of the series will feature presenter Jean Vaccaro of Sunshine Placements, speaking on **no cost placement services into area Senior communities, in-home care and in-home healthcare.**

DAY	TIME	ROOM
Friday, September 21	10 AM	9

The presenters will be two longtime area Specialists speaking on Medicare and **Final Expense planning, including Funeral Costs and Final Medical expenses.**

### CVS Hearing Aids

DAY	TIME	ROOM
Wednesday, September 19	9:30 AM	

CVS Pharmacy Hearing Aid Center presents a free educational seminar regarding hearing loss, hearing aid purchase and maintenance, and services provided.



**PLEASE NOTE:** All classes with fees **require pre-registration** at the NPSC front desk. **Payments to instructors are no longer allowed.** If not enough students register in advance, classes may be canceled.



# UPSTAIRS SERVICES AND CLUBS

Norman Park Senior Center serves as headquarters for a variety of local non-profit organizations that provide important services to our community. Head upstairs and say hello!

## MEALS ON WHEELS

Meals-on-Wheels Greater San Diego, Inc. is committed to reducing the isolation experienced by so many elderly. Meals are delivered to seniors' homes by volunteers.

Call (619) 420-2782 or visit <http://www.meals-on-wheels.org/> for more information.

## SOUTHERN CAREGIVER RESOURCE CENTER

Southern Caregivers provide free services for family caregivers including counseling, respite, supports groups, legal consultations and more.

Call (619) 729-2772 for more information.

DAY	TIME	ROOM
Support Group (Spanish)		
1st & 3rd Wed.	4:30 PM—6:30 PM	Upstairs Office

"Clase Calma" (Spanish)	Call for dates and times.	Upstairs Office
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## CLUB AMISTAD

Club Amistad meets for various events during the month. The group is mostly Spanish speaking but all are welcome to come join. For more information, contact Minga Santos at (619) 575-8144. Upcoming dates: **July 3, 17, 24; August 7, 21, 28; September 4, 18, 25.**

DAY	TIME	ROOM
1st, 3rd, 4th Tues.	12:00 PM—4:00 PM	9,10,11

## GARDEN CLUB

The Chula Vista Garden Club meets every 3rd Thursday of the month. Upcoming Dates: **September 20. No meeting July or August.**

For more information call: President Michael J. Biedenbender (619) 991-0524.

DAY	TIME	ROOM
3rd Thurs.	11:00 AM—1:30 PM	FULL HALL



## ART GUILD

Chula Vista Art Guild meets at Norman Park Senior Center on the fourth Thursday of each month. Upcoming dates: **July 26; August 23; September 27**

DAY	TIME	ROOM
4th Thurs.	11:30 AM—2:30 PM	9,10,11

# OLDER ADULT & SENIOR CLASSES AND ACTIVITIES ACROSS THE CITY

The Recreation Department offers a variety of classes and activities that are suitable for older adults and seniors. Attending these classes is a way to get out and explore the community while trying something new. Perhaps you'll find a new, fun class offered in your local neighborhood. Go to the Recreation Department's website for older adult and senior programming at a facility near you. [www.chulavistaca.gov/rec](http://www.chulavistaca.gov/rec)

## **Otay Recreation Center**

**(619) 409-1999**

**3554 Main Street**

Feeling Fit Club for Seniors

Mon. & Wed. 9—10 AM

Free



## **Loma Verde Recreation Center**

**1420 Loma Lane**

**(619) 409-1939**

AM Exercise Tuesdays & Thursdays

9—10 AM, \$3 Drop-in fee or a monthly fee

which varies month to month.

Zumba

MTW 6:30 PM—7:30 PM

\$5 Drop-in fee or a monthly fee which varies month to month.

## **Loma Verde Pool**

**1420 Loma Lane**

**(619) 409-1987**

Water Aerobics

Mon./Wed./Fri. 11 AM—12 PM

\$4/class or 10 classes for \$35



## **Salt Creek Recreation Center**

**2710 Otay Lakes Rd**

**(619) 585-5739**

Senior Weight Training (Tues. 8 AM-8:50 AM)

\$50 Res/ \$63 Non-Res

10 week session. Taught by Frances Bordenave.  
4355.331

## **Veterans Park Community Center**

**785 East Palomar**

**(619) 691-5260**

AM Yoga (Mon. & Wed. 9-10 AM)

July 9– Sep 17

\$59 Res/ \$72 Non-Res

4010.312

Zumba (Tues. 9-9:55 AM)

July 3– Sep 4

\$40 Res/ \$49 Non-Res

4222.315

Zumba (Thurs. 9-9:55 AM)

July 5– Sep 6

\$40 Res/ \$49 Res

4222.317

Zumba Combo (Tues. & Thurs. 9-9:55 AM)

July 3– Sep 6

\$70 Res/ \$86 Non-Res

4222.318

## **Monteville Recreation Center**

**840 Duncan Ranch Road**

**(619) 402-1977**

Active Adult Fitness

Thursdays 10 AM—11 AM

July 12— Aug 30

\$30 Res/\$38 Non-Res

4410.350

## **Parkway Community Center**

**(619) 409-1980**

**Class is held at the Woman's Center @ 357 G Street**

Exercise Program for Seniors

Tues. & Thurs. 1 PM—2 PM

Free

4110.361



# WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>EXERCISE WITH KAY</b> 8:00 AM—9:00 AM <b>COMPUTER CLUB</b> 8:00 AM—12:00 PM <b>VOLLEYBALL</b> 9:00 AM—9:30 AM <b>ART WATERCOLOR</b> 9:00 AM—12:00 PM <b>SPANISH CONVERSATION</b> 10:00 AM—12:00 PM <b>WORLD AFFAIRS GROUP</b> 10:00 AM—12:00 PM <b>BRIDGE CHICAGO</b> 12:00 PM—4:00 PM <b>SCRABBLE</b> 12:30 PM—4:00 PM <b>MOVIE MONDAY</b> 1:00 PM—3:00 PM <b>DANCE CARDIO PARTY</b> 5:30 PM—6:30 PM (Fee Pg. 7)	<b>EXERCISE CLASS</b> 8:00 AM—9:00 AM <b>LONGEVITY STICK</b> 9:00 AM—9:45 AM <b>WALKING FOR FITNESS</b> 9:30 AM—10:30 AM <b>SINGING INFORMAL</b> 9:00 AM—12:00 PM <b>COLORING GROUP</b> 10:00 AM—12:00 PM <b>ADV. LINE DANCE</b> 10:00 AM—11:00 AM (Fee Pg.6) <b>2ND TUES. YOUNG AT HEART STORYTIME</b> 10:30 AM—11:00 AM <b>GUITAR LESSONS</b> 10:45 AM—11:45 AM (Fee Pg.6) <b>BEG. LINE DANCE</b> 10:45 AM—11:45 AM (Fee Pg.6) <b>SINGING AROUND THE PIANO</b> 11:00 AM—12:00 PM <b>TUESDAYS: CLUB AMISTAD</b> 12:00 PM—4:00 PM <b>SINGING SENIORS</b> 1:30 PM—3:30 PM <b>CREATIVE WRITERS</b> 2:00 PM—4:00 PM <b>ARGENTINE TANGO</b> 5:30 PM—6:30 PM	<b>EXERCISE WITH KAY</b> 8:00 AM—9:00 AM <b>PINOCHLE</b> 9:00 AM—1:00 PM <b>ENGLISH CONVERSATION</b> 9:00 AM—11:00 AM <b>ARTIST SOCIAL GROUP</b> 9:30 AM—11:30 AM <b>KNITTING &amp; CROCHETING</b> 9:30 AM—11:30 AM <b>MEXICAN TRAIN</b> 12:00 PM—2:00 PM <b>BRIDGE DUPLICATE</b> 12:00 PM—4:00 PM (Canceled on special event days) <b>SCRABBLE</b> 12:30 PM—4:00 PM <b>TECH 1-ON-1</b> 3:00 PM—5:00 PM (Fee Pg. 6) <b>CHAIR YOGA</b> 4:15 PM—5:45 PM <b>BUNCO GAME NIGHT - CV SENIOR CLUB</b> 4:30 PM—6:30 PM <b>DANCE CARDIO PARTY</b> 5:30 PM—6:30 PM (Fee Pg.7) <b>STRENGTH TRAINING</b> 5:45 PM—6:45 PM	<b>EXERCISE CLASS</b> 8:00 AM—9:00 AM <b>LONGEVITY STICK</b> 9:00 AM—9:45 AM <b>WALKING FOR FITNESS</b> 9:30 AM—10:30 AM <b>BEREAVEMENT</b> 10:30 AM—12:00 PM <b>3RD THURS. GARDEN CLUB</b> 11:00 AM—1:30 PM <b>4TH THURS. ART GUILD</b> 11:30 AM—2:30 PM <b>1ST THURS. CV SENIOR CLUB DANCE</b> 1:00 PM—3:00 PM <b>BOOK CLUB: 1ST THURS.</b> 3:30 PM—5:30 PM <b>GENTLE YOGA</b> 4:30 PM—6:30 PM	<b>YOGA WITH KAY</b> 8:00 AM—9:30 AM <b>MAH JONGG</b> 10:00 AM—3:00 PM <b>COMPUTER LAB</b> 10:00 AM—12:00 PM (Fee Pg. 6) <b>SHUFFLEBOARD</b> 11:00 AM—12:00 PM <b>PINOCHLE</b> 12:00 PM—4:00 PM <b>SCRABBLE</b> 12:30 PM—4:00 PM <b>BINGO - CV SENIOR CLUB</b> 12:00 PM—2:00 PM <b>2ND FRI. PARKINSON'S</b> 1:00 PM—3:00 PM <b>BUNCO - CV SENIOR CLUB</b> 2:30 PM—4:00 PM <b>BRIDGE</b> 12:00 PM—4:00 PM

## Out 2 Lunch Bunch

The Out-2-Lunch Bunch meets at 1:00 PM at the pre-designated restaurant. This group emphasizes making new friends and socializing. Everyone pays for their own lunch.

July 12 — China China  
Terra Nova Mall, 386 East "H" Street

August 9—Miguel's  
970 Eastlake Parkway

September 13 — Galley at the Marina  
550 Marina Parkway

Don't forget to mark your calendars!



# CENTER OPERATIONS

## FITNESS CENTER HOURS

Mon./Wed./Fri. 10:30 AM—2:00 PM

Tues./Thurs. 8:00 AM—12:30 PM

### Evening and Saturday Hours

Mon.—Thurs. 5:00 PM—7:00 PM

Sat. 8:30 AM—11:00 AM

## NORMAN PARK STAFF

Aaron Ruiz

Caitlin Weston

Dayanira Heredia

Julian Castruita

Heder Dominguez

Melisa Castillo

Vivianne Atkins

Adolfo Herrera

Ysabel Jaimes

Madison Holl

Kassandra Hernandez

Rick Lucero

Anthony Cosio

## CENTER HOURS OF OPERATION

Mon.—Thurs. 8:00 AM—7:00 PM

Fri. 8:00 AM—5:00 PM

### Norman Park Senior Center will be closed:

**Independence Day: Wednesday, July 4, 2018**

**Labor Day: Monday, September 3, 2018**



**CITY OF  
CHULA VISTA**

Recreation Department

Norman Park Senior Center

270 "F" Street

Chula Vista, CA 91910